From: Lavern Christian <chri7776@bellsouth.net>

Sent: Monday, February 8, 2010 8:39 PM **To:** secretary secretary@CFTC.gov

Subject: Regulation of Retail Forex"

I am a beginner forex trader and I have developed my own skills over the past two years, I can now share information with friends and family which in essence will improve our quality of life during this very difficult recessionary period. I am very dishearten over the fact that CFTC wants to restrict leverage across the board to 10 to 1, "which means putting the small man back in his place" I don't support CFTC proposal at all and I hope this proposed regulation does not take effect.

Regards, Lavern Christian